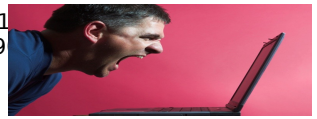
HAWC/CHPS Happenings- August 2011

Monday	Tuesday	Wednesday	Thursday	Friday
1 #3 Tobacco Cessation 0800-0900 	2 #4 Anger Management 0900-1100	3 Be Well 0900-1130 Nutrition 101 1300-1400 #4 Tobacco Cessation 1500-1600 Tobacco Cessation SG 1600-1700	4 Cholesterol Education (CHPS) 1100-1200 Health & Wellness August Theme Immunization Prevention Breast Feeding Awareness	5 **HAWC Classes are in BLACK** **Call 777-1215 to Sign Up** **CHPS Classes are in ORANGE** **Call 586-9584 to Sign Up**
8 #4 Tobacco Cessation 0800-0900 ic (CHPS) .100-1200 Blood Pressure Class (CHPS) 1200-1300 	9 #1 09 	10 Be Well 0900-1130 Diabetes Prevention 1300-1400 Tobacco Cessation SG 1400-1500 #1 Tobacco Cessation 1500-1600	11 Health & Wellness August Theme Immunization Prevention Breast Feeding Awareness	12 PTL Training 0900-1200 UFPM Training 1230-1330
1 #	16 #2 Anger Management 0900-1100 	17 Hypertension 101 0900-1000 Tobacco Cessation SG 1400-1500 #2 Tobacco Cessation Class 1500-1600 Be Well 1300-1530	18 Diabetes Education (CHPS) 1100-1200 	19 **Please call 586-9585 to schedule an appointment for a cholesterol screening for yourself or your group.**
22 #2 Tobacco Cessation 0800-0900	23 #3 Anger Management 0900-1100	24 Be Well 0900-1130 Heart Healthy Eating 1300-1400 Tobacco Cessation SG 1400-1500 #3 Tobacco Cessation Class 1500-1600	25 Hours of Operation 0700-1600	26 **Federal employees can use LX leave to attend Health and Wellness classes upon supervisor's approval.**
29 #3 Tobacco Cessation 0800-0900	30 #4 Anger Management 0900-1100	31 Be Well 0900-1130 #4 Tobacco Cessation Class		**"Like" us on Facebook for "HILL HAWC" and "HILL CHPS"**

Classes are open to civilians, contractors, active duty, dependents, retirees, and reserves. Classes are held @ the Health & Wellness Center, Bldg 523. Please call the HAWC to register @ 777-1215. Please call CHPS to register @ 586-9584. Visit our website at www2.Hill.Af.Mil/Health&Wellness.com.

HAWC CLASS DESCRIPTIONS

Anger Management Class: Got anger? Learn new techniques on how to understand where your anger comes from and how to modify the where, when and whys of it! This is a 4 part series meeting weekly for one month.

Diabetes Prevention: Learn about carbohydrate counting, portion size, label reading, low fat eating, smart shopping, fiber, artificial sweeteners, eating out and more. Held monthly.

Heart Healthy Eating: This class focuses on low fat eating, portion control, fiber and antioxidant intake, label reading, shopping smart, and eating out.

Hypertension 101: This class is offered to help identify risk factors for hypertension and strategies to lower elevated blood pressure. Held monthly.

Nutrition 101: This class is offered monthly for those who are interested in learning about good eating habits. Focus will be on the Food Guide Pyramid, basic nutrition concepts, and basic weight management.

Tobacco Cessation Class: Quitting tobacco is the best gift you can give to yourself and to those who love you. The tobacco cessation class uses the American Cancer Society's "Freshstart" program. This is a 4 part series meeting one hour weekly for 1 month. All active duty, dependents, retirees, DOD civilians, and contractors are eligible to attend. On-line courses are also available if the classroom setting does not fit your schedule. A fax referral form is filled out at the HAWC and sent to the Quit-Line. The Utah Quit Line is also used and is coordinated with Davis County Health

Health & Wellness Theme
August is…Immunization Awareness
and Breast Feeding Awareness Month

CHPS CLASS DESCRIPTIONS

Cholesterol Education: According to the Centers for Disease Control and Prevention (CDC) one in six adults in the U.S. has high cholesterol. By lowering cholesterol levels that are too high it reduces our risk of developing heart disease, the number one killer in this country. Come join us and find out what high cholesterol is and what you can do to improve or control your numbers.

Blood Pressure Clinic/Class: Nearly 1 in 3 American adults has high blood pressure. The good news is that High Blood Pressure can be treated and controlled. Have your blood pressure checked and learn what you can do to control it.

Diabetes Education: Diabetes has reached epidemic proportions in the U.S. The CDC estimates that approximately 6 million Americans have diabetes but don't know it. This program will cover risk factors, signs, symptoms, complications, and prevention of diabetes.